

Nights away or residential events, whether camping, hostelling, sleepovers or bivouacs, form an integral part of scouting, and are something that every young person should have the opportunity to take part in. Nights away are great fun – they offer the fun and excitement of spending time with friends and more time for extended activities. For most young people, their first nights away experience will be as a Beaver or a Cub, and may seem daunting (Though often the parents are more worried than the young people), so we have put together this guide to help you to know what to expect and to reassure you.

Preparing for your first night away from home

If your child is worried about their first night away from home, we recommend that you think about whether they could go for a sleepover with a friend or family member to practice, and that you build up from local, one night, indoor “camps” to longer camps.

If you have your own tent, it might be a good idea to have a practice camp in your garden for one night to get used to sleeping on the ground, in a sleeping bag in your tent. If you can't do this, please talk to younger children about what sleeping in a tent might be like. Prepare them for noises they may hear, and find a bit strange at first—sharing with others can be noisier than you think anyway, and if camping then even rustling leaves in the wind or the howl of fox cubs can be quite different when it's dark outside and everyone else is fast asleep. Tents have very thin walls, so that means remembering other people may be able to hear what they say!

Kit/Equipment

What to bring - The exact equipment requirement for each camp will depend slightly on the camp – where we're going for and how long, but at the end of this document there is a general guide of what you will need and some tips on what to look for when buying new equipment.

Packing – Young people should pack for themselves (or at least pack with you) so that they are taking some responsibility for what they are bringing, so they know what they've got and where it's packed, and to make sure that they will be able to fit it all back into their bag at the end of camp when you're not there to help them!

Cost of equipment - We appreciate that equipment can be expensive, particularly when you are just starting and need to buy a lot and when young people are growing fast. If you have any issues in purchasing equipment or queries about whether what you have is suitable, please talk to us as soon as possible, as we are likely to be able to arrange to lend equipment if you contact us in good time.

Discounts - All Scouts are entitled to a 15% discount at Cotswold Outdoors or 10% discount at Go Outdoors!, Blacks and Millets. To claim this you need to take your necker into the shop with you, or for Go Outdoors, use the online code 10GOSCT.

Naming equipment - please ensure that ALL equipment and clothing is named so that it can be reunited with its owner when it gets lost.

Weather forecasts - It is useful for young people to check the weather forecast for the camp location when they are camping to get an idea of whether to take mainly t-shirts and shorts, or lots of trousers and jumpers. However, weather forecasts are rarely very accurate beyond the next 24-48 hours and you should always be prepared for any weather.

Communication on Camp

Mobile phones/ Any other electronic items (apart from torches and watches) - We operate a no mobile phones policy on camp for two main reasons:

1. Although it may sound counter-intuitive, young people tend to suffer from homesickness more if they are able to contact their parents, rather than focussing on getting involved and having fun with their friends. We encourage young people to talk to their sixers or patrol leaders, or adults if they are upset, and we can call home if that is helpful.
2. Camp is a chance to disconnect from technology and the outside world and focus on being outside and having fun in the moment, obviously mobile phones interrupt this.

Where we are travelling a longer distance to get to or from camp, young people may have their phones with them for the journey and we will collect them in and keep them safe for the duration of camp, and then return them at the end. We may also give phones out during camp for a limited period of time, for example if Scouts are on a hike or have free time to explore a town or attraction in small groups it is useful for them to have phones in case of emergency.

Contacting us while we are on camp - Before camps, we will make sure that you have contact numbers for at least two of the leaders on camp, and details of the campsite where we are staying. We are often in locations with poor mobile reception, so please do not panic if we don't pick up your call or respond straight away. You should be able to call the campsite on their landline and leave a message for us to pick up from them.

Keeping up-to date with what we're up to - During camp we will (time and signal permitting) post to the Papworth Scouts twitter feed @PapworthScouts – you can either follow us on twitter or view it via www.papworthscouts.org.uk (note – this should be set up by 30/05/17)

Accommodation

Normally, camps will be in tents. For Scouts we tend to use heavyweight, patrol tents which are very robust, and accommodate 6-8 young people, depending on the size of the tent (and the size of the young people) Cubs and Beavers are more likely to use smaller, lightweight tents as they tend to find it easier to get to sleep if there are fewer of them in each tent. There will be exceptions to this depending on the duration, type or purpose of the camp to allow young people to have a range of experiences.

The other place we are most likely to stay is in scout huts, village halls or in buildings on campsites – either sleeping on mats on the floor or in bunk rooms.

Sleeping arrangements for boys and girls - We do not segregate sleeping accommodation based on gender – we're all Scouts, but will always make sure that girls and boys have separate changing facilities (even if this is just kicking all the boys out of the tent while the girls change, and vice versa). If any of the young people are concerned about this, we ask that you discuss this with us on a case-by-case basis and we will work out what works best on any specific camps.

Adults (over 18s) will always have separate accommodation from the young people, but will be close at hand if we are needed. We will always make sure that young people know where adults are if they need them during the night.

Pocket Money

There is normally a small shop on camp where they can buy site badges, woggles, pens and other small items or sweets, we suggest not more than £5 for a long weekend, or £10 for a week. Pocket money should be in a named wallet or sandwich bag.

Camp bank – we will offer a camp bank system which we recommend that young people use. They will be able to give us their pocket money at the beginning of the camp and we will keep it safe to avoid risk of them losing it, and to remove the temptation of theft. They will be able to withdraw some or all of their money from the bank when they want to go to the shop or for specific days out.

Food

Cooking arrangements will depend on the age of the young people on camp and the other activities, but we aim to give all young people an opportunity to be involved in the preparation and cleaning up of their meals at some point and to some extent.

By the time they reach Scouts, young people are likely to be cooking most of their own meals and doing their own washing up. This is always under safe supervision.

Sweets - Please do not send your children on camp with sweets, chocolate or other snacks. We will provide food for camp, including treats, and young people who have large amounts of sweets with them are likely to find it difficult to sleep, and less likely to be actively involved with their Patrol or Six at meal times.

Allergies, intolerances and dietary requirements - We have several young people (and adults) with allergies and intolerances. We manage these on a case-by-case basis with parents and young people. This is another important reason why we ask you not to send sweets or snacks on camp with your children.

We are used to accommodating a range of dietary requirements and allergies on camp, but are only able to do so if you keep us up to date and informed of any requirements. We are rarely close to a supermarket and normally very busy on camp, so once we have arrived it is difficult for us to make changes to the menu.

Medical information or Personal medication

You should all have access to view and update the medical information we hold via MyScout. We will remind you to check and update this information before camp, but it is your responsibility to keep us up to date.

If your child has any medication which they need with them on camp it should be handed to leaders on arrival in a named container with written information on when and how it should be administered.

For older Scouts, in some cases, it may be better for them to keep hold of their medication (e.g. inhalers) – in this case we still need to know that they have it and when it is to be used.

First Aid - All Scout leaders are required to complete first aid training, and keep this up to date. There must always be a suitably qualified first aider available on camp.

Cutting tools – Scouts only - As young people move up through the group, they will learn to use cutting tools (knives, saws and axes). Scouts may have their own knives which they want to bring on camp, they must be named, and they must let us know on arrival at camp that they have a knife with them.

We will also have group cutting tools available for Scouts to use during camp.

Remote supervision on trips – Scouts only - As part of the activities on camps, Scouts may be remotely supervised, for example on hikes, free time in a town, or visiting an attraction, in groups of at least 4. This will be risk-assessed by the leaders in each individual situation.

Consent Forms - The initial membership form that you completed when joining (the long one!) includes all of the consent we require. The only additional consent form we will require is for air rifle shooting, or if we are taking part in activities provided by an external body.

Overseas trips - We will provide additional information on overseas camps as and when we organise any.

Nights Away Permit Scheme - The Scout Association operates a nights away permit scheme, through which leaders are trained and assessed in how to plan, organise and run camps which are safe and enjoyable. In accordance with the Scout association rules, there will always be a nights away assessor on all overnights.

How do I know you will cope with the fact my child?

There are very few “issues” that we have not already dealt with whilst away. Examples include bed wetting, night terrors, sleep walking, home sickness, allergies, behavioral issues, sickness and(not to mention some serious snoring!) But we can only help if you tell us so when you fill in the form please list everything, no matter how minor it may seem

My son or daughter would love to come but we just can't afford the cost.

We are very aware that as a Scout Group we offer lots of opportunities and are keen for everyone to take part irrespective of parental ability to pay. Please use the Discretionary Fund to help your child join in with their friends as there is no point us having the fund if it is not used! If you would like to know more about this please contact our Group Scout Leader in confidence on gsl@papworthscouts.org.uk

And a final few words.....

We give you advance warning now that they will probably come home tired, grubby and may say very little until they have had a good sleep. The question “What did you get up to?” will probably only be answered with the word “Stuff” for at least 24 hours.....

WEEKEND CAMP KIT LIST

This list of equipment is the standard kit list and additional items may be added for specific camps. The notes column will be used to update the list for this purpose.

Equipment is to be packed by the scout (Parents are often able to pack more gear into a rucksack than can be re-packed by the scout at the end of the camp) in a bag or rucksack – no suitcases, please.

Please ensure that you bring enough a full change of clothes as we may get wet due to the activities or the rain! The key is to have enough clothes to stay warm as it can get very cold even in summer!

Item	Description
Uniform	Uniform will be worn when travelling to and from the camp and on arrival.
Holdall or Rucksack	To contain all your stuff. No Suitcases please.
Warm Layer	Sweatshirt, Jumper or Fleece. Doesn't need to be expensive
T-Shirt/ Base Layer	Cotton or Polyester T-shirts (some activities may require long sleeves – we'll try to let you know if this is the case but it's a good idea to pack 1 longsleeved t-shirt just in case)
Trousers	Lightweight and quick drying. NO JEANS
Underwear	Including a spare set
Socks	Both thin and thick pairs (for hiking) and including at least one spare set
Nightwear	Warm is good, particularly for camping.
Hike Boots/ Strong Shoes	Longer distance trips will require boots with ankle support. Sturdy shoes are also ok for most camps
Wellington Boots	Optional but really useful - Great for when it's really muddy or just for wet grass in the mornings – easy to slip on and off when going in and out of tents
Waterproofs	Jacket AND Trousers. Avoid things that are branded as "Shower Proof". A very important item of kit.
Hat and Gloves	Both required (and often forgotten) – even in the summer the evenings can get chilly
Sun hat	It can be sunny even in the winter! Especially important when there will be water-based activities
Sleeping Bag	Suitable for chilly weather (unless staying in a building). A piece of kit which will last you throughout your time in Scouts. Ask for advice on brands. For outdoor camps look for 2-3 season "mummy" bags. Note that sleeping bags often have a "comfort" temperature rating and an "extreme" temperature rating – you will struggle to sleep if it is colder than the comfort rating. Please practice putting your sleeping bag in and out of its stuff sack before coming on camp – and note that it's called a stuff sack for a reason. It is much easier to stuff the sleeping bag in, pushing it right to the bottom of the bag than to attempt to roll or fold it. This is also better for your sleeping bag as you will do it differently each time, so wont damage it by folding it in the same place repeatedly.
Roll Mat	Either solid foam or inflatable types (inflatable is more comfortable, but foam will keep you warmer)
Water Bottle	Hard Wearing and Leak Proof. 1L Capacity
Plate, Bowl, Mug, Cutlery	Labelled and kept in a canvas bag if possible
Two tea towels	For drying up. Must be named, or they are unlikely to come home.
Head Torch and	Head Torch with Spare Batteries. Really cheap ones have a tendency to break. No

Batteries	hand torches please.
Personal First Aid Kit (Scouts)	Including any personal medication required (please inform leaders of any medication at the start of camp)
Personal Wash Kit	Including Toothpaste, Brush, Quick Drying Towel
Plastic carrier bags	For wet/dirty kit Please avoid black bin bags otherwise there is a risk of kit being mistaken for rubbish.
Day Sack	Small rucksack that could contain lunch and waterproofs
Work Gloves (Scouts - Optional)	Welding Gauntlets are available cheaply from Screwfix or sturdy gardening gloves – to be worn on the non-tool holding hand when using cutting tools– we will have spares
Whistle (Scouts)	Without a “pea”
Sheath Knife (Scouts – Optional)	Once scout has completed their Knife training and has been given their knife permit.
Fire Lighting Kit (Scouts – Optional)	Down to the individual but at minimum magnesium striker and cotton wool.
Note Book and Pencil	For making notes
Swimwear	If required for activities
Camp Blanket	If owned A camp blanket is a fun way to collect non-uniform badges and keep a record of where you have been on camp.
Pocket Money	Optional and to be handed in to camp bank - a good guide is not more than £5 for a weekend or £10 for a week.
Watch (Optional)	Useful for knowing what time it is! Don’t bring your best watch – you can get decent, water resitstant digital watches for a reasonable price from amazon or argos, they may not be the most fashionable but they do the job!
Pillow (Optional)	Optional – they can take up a lot of space so a small camping pillow or just a pillow case which you can fill with clothes are good ideas.
Book, Teddy bear (Optional)	Optional